

MIKE'S RECLAIM PERFORMANCE COACHING

5 High-Protein Meals & Snacks That Don't Feel Like a Diet

Real food, real portions, built for people who want results without giving up flavor.

1 Greek Yogurt Power Bowl

- 1 cup plain Greek yogurt
- ½–1 scoop protein powder, stirred in
- 20g sugar-free chocolate or butterscotch chips
- Honey drizzle, less than 1 tsp
- Optional: berries or crushed nuts on top

Tastes like dessert — great post-workout or evening snack. ~45g protein.

2 Garlic Herb Sheet-Pan Chicken Thighs

- Chicken thighs (boneless/skinless or bone-in/skin-on — your choice)
- Fresh garlic, minced
- Italian herb blend (rosemary, thyme, oregano)
- Olive oil, salt, pepper
- Broccoli, bell peppers, and/or baby potatoes, tossed in the same oil and herbs

One pan, minimal cleanup, preps well for the whole week.

3 Air-Fried Chicken Tenders & Sweet Potato Wedges

- Chicken tenders, lightly coated in olive oil and seasoned
- Air fry until crispy outside, fully cooked through
- Sweet potatoes, peeled and cut into wedges
- Toss in olive oil, season, oven-bake until tender with crisp edges

Crispy texture makes this one feel like a treat, not a diet meal.

4 High-Protein Hamburger Meal

- Lean ground beef patty (90/10 recommended)
- Ezekiel or whole grain bun
- Lettuce, tomato, onion, condiments of choice
- Side of baked sweet potato fries (peeled, cut, tossed in olive oil, baked until crisp)

Proof that eating for a goal doesn't mean giving up burger night.

5 Protein French Toast

- 2 slices whole grain bread
- 50g egg whites
- 6 oz vanilla protein drink
- Cinnamon to taste
- Whisk egg whites, protein drink, and cinnamon; dip bread; cook on a lightly oiled skillet until golden both sides

A weekend breakfast favorite that still hits solid protein numbers.

Want a Full Plan Built Around Meals Like These?

These 5 are just a starting point. Inside The Peak Method — my 4-month coaching program with 3 additional months of continued support — nutrition, training, and recovery are built around your goals, your history, and food you'll actually stick with. No elimination. No guesswork — just a real plan, backed by monthly at-home biomarker testing to track what's actually working.

Ready to build your plan?

DM me and let's talk specifics.

Phone: 702-812-3369

Email: reclaimcoaching@yahoo.com

Web: Mikescoaching.com